

Slow Cooker Beef and Butternut Squash Soup

4 SERVINGS 8 HOURS



INGREDIENTS

1 lb Stewing Beef (chunks)
6 cups Butternut Squash (peeled and cubed)
4 cups Beef Broth
1/4 tsp Sea Salt (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	255	Iron	4mg
Fat	6g	Vitamin D	5IU
Carbs	25g	Folate	64µg
Fiber	4g	Magnesium	97mg
Protein	29g	Zinc	7mg
Vitamin C	44mg		

DIRECTIONS

- 01 Heat a skillet over medium heat. Add the beef and cook for 2-3 minutes, to brown.
- 02 Add the beef, butternut squash and broth to your slow cooker and cook on low for 8 hours or on high for 4 hours.
- 03 Season with sea salt to taste. Divide into bowls and enjoy!

NOTES

RECIPE ID 324